

SENIOR SCENE

WESTBOROUGH COUNCIL ON AGING

JUNE 2023

LET'S CHECK IN!!

Beginning June 1, we will be using hand-held scanners to check you onto the mini-bus for your trips with us. You will need to present your MySeniorCenter tag to the Mini-bus Driver when you get on the bus. We are working to make our transportation statistics more accurate which is important for the future of the buses. If you do not have a MySeniorCenter tag, the driver will have the form for you to fill out or you can come to the Senior Center to fill it out and get your tag. During the month of June ONLY, if you have your tag and scan it using the new system, your ride will be free. If you do not have a tag, or choose not to get one, your fare will be \$1.00 per trip as usual. If you have any questions, please feel free to call and ask!

THIS MONTH

- * Movie Mondays
- Music at Lunchtime
- Just Because June
- Veteran's Services
- Memory Café
- Red Sox on the Big

OUR MISSION STATEMENT

The mission of the Westborough Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Westborough's Senior Citizens and their families.

CONTACT US

Address

4 Rogers Road
Westborough, MA 01581

Hours of Operation

Monday - Friday
8:30 a.m. to 4:00 p.m.



(508) 366-3000



[town.westborough.ma.us/
council-aging-senior-center](http://town.westborough.ma.us/council-aging-senior-center)

WHAT'S NEW?

JUST BECAUSE JUNE

What is this, you ask??? We decided that since it's the last month in the fiscal year, the last month of the school year and the last month before summer really starts, that we would throw in a few surprises and fun things, just because!! There will be some special desserts on Friday lunch days, some additional celebration of random things days, fun guests, we're adding Movie Mondays, and continuing Music at Lunchtime, and we'll maybe do a few things we haven't thought of yet! Good reason to stop by the Senior Center to see what's going on!!

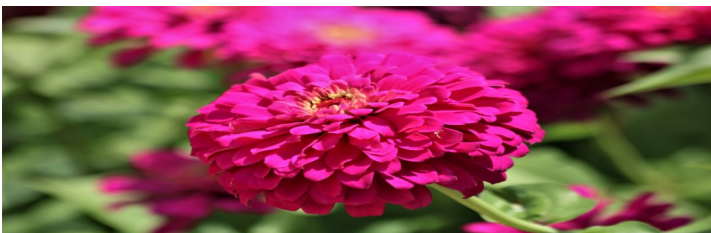


A REMINDER

If you don't have working smoke detectors in your home or need to have new batteries or need help replacing ones you have or have questions, please call the Senior Center and we will be glad to help. We are working with the Westborough Fire Department to make sure every house with a **senior** living in it has the proper smoke detectors and CO detectors in their homes and apartments. Don't delay!! Call us today!

A CONVERSATION WITH.....

We are delighted to welcome this month, Worcester County Registrar of Deeds, Katheryn Toomey. She will be here on Tuesday, June 27, beginning at 1:00 p.m. Ms. Toomey will talk about her job and what she does to record your property and how she helps the communities. You'll have plenty of time to ask questions and have a conversation with her. There is no charge to attend and transportation is available.



MOVIES ON MONDAY

Thanks to the WSCS, we now have our own Netflix subscription and will be showing movies on Monday afternoons, beginning at 1:00 p.m. It won't be every Monday, maybe twice a month or so. There is no charge and we supply the popcorn!! This month's movies are:

Monday, June 5— A Man Called Otto starring Tom Hanks

Monday, June 26— Where the Crawdads Sing from the popular novel by Delia Owens



COMPUTER HELP

Friday, June 9, will be our last visit from the Assabet Students to help with your computers until next Fall. The students will be here starting at 10:30 a.m. Please call to let us know you would like to meet with them so that there are enough students available. There is no charge and transportation is available.



Council on Aging

Linda Birch, Chairman (2025)
 Guido Lonardo, Vice-Chairman (2024)
 Nancy Fallon, Treasurer (2023)
 Diane Collins, Corresp. Secty (2024)
 Robert Washburn (2025)
 Daniel Pavolis (2023)
 John McCann (2025)
 Katherine Metzger (2024)
 Bill Lynch (2025)

OUR STAFF

Alma E. DeManche
Executive Director

Kristen McHugh
Administrative Assistant

Mary Ellen Cibelli
Volunteer Coordinator

Stephanie Keane
Outreach Case Mgr.

Dennis Fenton
Elder Outreach Project

Tammy Wong
Asian Outreach

Jim Frederick RN, BSN
Public Health Nurse

Michael Swan
Handyman

Sharon Gravlin
Homemaker

Lorrie Moynihan
Meal Site Manager

Wayne Plude
Custodian

David Farrar
 Brad Huff
 Kevin Farrar
 Fran Sowa
Mini-Bus Drivers



HAVE THE SENIOR SCENE DELIVERED TO YOUR HOME

You can have the Westborough Senior Scene delivered to your home each month for \$6.00 each year. Just fill out the form below and return it to the Senior Center with your check for \$6.00. It's that easy!! Checks: Town Of Westborough

Yes!! Please send me the Westborough Senior Scene monthly!

NAME_____

MAILING ADDRESS_____

TOWN, STATE, ZIP CODE_____

PHONE NUMBER_____

VETERAN'S AGENT OFFICE HOURS

Westborough's new Veteran's Agent, Jeff Farrell, will hold office hours at the Senior Center on Monday, June 5, from 2:00 p.m. to 4:00 p.m. If you have an issue you need to discuss with him or if you just want to come in and say "hi" and introduce yourself, he will be available to listen and help. Transportation is available.

RED SOX ON THE BIG SCREEN

Please join us to cheer on our favorite boys of summer on Thursday, June 22, at 1:00 p.m. They'll be playing Minnesota and it's the only week day, day time game this season. We'll have snacks and drinks. Wear your Sox gear and send some high energy to Minnesota!! There is no charge and transportation is available. Please let us know you're coming!

NEWS FROM THE WSCS

Join us for Holiday Fair Workshops on June 6 and 20 at 1:00 p.m. All ideas are welcome!!

The WSCS Board will meet on Thursday, June 8, at 1:00 p.m. at the Senior Center.

THANK YOU to everyone who donated prizes and congratulations to all the winners of our Raffle A Day In May! We also thank all those who bought raffle tickets to support this fundraiser. We couldn't have done it without you!



**WESTBOROUGH
AMERICAN LEGION POST 0163
MONTHLY MEETING
THURSDAY, JUNE 15
10:00 a.m.
WESTBOROUGH SENIOR CENTER
ALL VETERANS ARE WELCOME**

JUNE 2023 - ASIAN OUTREACH PROGRAMS - Open to all Seniors

FRIDAY June 9th at 10:00 am – Explore Dragon Boat Festival

Come join us for a fun social gathering at the Senior Center from 10:00 am to 12:00 pm. Light exercises, short videos, and rice dumpling tasting. We will watch some videos to learn about what is the Dragon Boat Festival in general, who is the Poet Qu Yuan, the story of making rice dumplings, and the story of dragon boat making. Refreshments will be served.
Sign up must be made by noon Wednesday 6/7.

FRIDAY June 23th at 10:00 a.m. – Outing to Green Hill Park in Worcester

Come join us for an outing to Green Hill Park in Worcester. Bus leaves at 10:00am from the Senior Center. We will walk at the park and the farm area while enjoying the spectacular view of woodlands and open space there. Lunch at noon at the Imperial Buffet Restaurant in Shrewsbury. Cost for lunch is about \$16 per person, including tax and tips.
Sign up must be made by noon Wednesday 6/21

FRIDAY from 10:00 a.m. to noon – Hong Kong Mahjong Game

If you are new to playing Mahjong, come join us to learn how to play Hong Kong style Mahjong together on Fridays June 2th, June 16th, and June 30th from 10:00 a.m. to noon. We will be learning how to play an actual game including tips for scoring the winning hands with some experienced players.
Sign up must be made by noon the Thursday before the Mahjong game day.

For more information about the Westborough Asian Outreach Program:

<https://www.wscasianoutreach.org>

NEWS FOR YOU

GRAB 'n GO or STAY

This month, Grab 'n Go or Stay will be on Wednesday, June 7, (Chicken Salad) and Wednesday, June 21, (BLT with Crispy Bacon) Cost for lunch is \$4.00. Lunch includes a pickle, bag of chips, bottle of water and a cookie. Lunches can be picked up beginning at 11:00 a.m. You are welcome to stay and dine here and if the weather is warm enough, we'll even bring the picnic table outside for you to enjoy the sunshine! Reservations are due by noon on Tuesday. **STAY FOR THE MUSIC AT LUNCHTIME!**

We're working on having music every Wednesday afternoon at Lunchtime, for both the Grab 'n Go days and also the week in between. On June 14, the Staff will be cooking lunch for you!! We'll have hot dogs, French fries and cole slaw. Please make a reservation so we know how many to plan for. There is no charge.

BREAKFAST WITH THE CHIEF

Please join Chief Jeff Lourie on Tuesday morning, June 20, at 8:30 a.m. for breakfast. He'll be giving an update on the department. Breakfast will be an egg, bacon and cheese sandwich on an English muffin,, juice and coffee. Cost for breakfast is \$4.00 . All reservations must be made by noon on Friday, June 16. Transportation is available.

FRIDAY LUNCH AT THE SENIOR CENTER

Please join us for lunch on Friday at noon. Cost is \$3.00 and reservations must be made by 10:00 a.m. the day before. The menu for this month is:
6/2 - Alaskan Breaded Fish, Italian Roasted Potatoes, Broccoli, Wheat Bread, Brownie
6/9- Staff's Choice!
6/16- Chicken Bites, Roasted Potatoes w/Red Peppers and Onions, Spinach, Dinner Roll, Dessert
6/23- Pot Roast Stroganoff, Noodles, Brussels Sprouts, Wheat Bread, Dessert
6/30- Chicken Broccoli Divan, Roasted Red Potatoes, Spring Blend, Multi Wheat Bread, Dessert.
All meals served with 2% milk
Transportation is available.

DINNER AT THE BACK DOOR

Dinner at the Back Door will arrive on Monday, June 26, with pick up starting at 1:00 p.m. The menu will be Marinated chicken kabobs, Rice Pilaf, vegetable, roll and butter and dessert. Cost for dinner is \$7.00. Reservations **MUST** be made by noon on Thursday, June 22. We can make arrangements for delivery **ONLY** if you are not able to come and pick it up yourself. Call today! If it's a warm night, you can dine on the porch!



JUNE BIRTHDAY LUNCH

Wednesday, June 28

12:00 noon

Come celebrate your birthday with us!!

Salad, Pizza, Birthday cake and Ice Cream

Free for Birthday Babies!

Others \$4.00

Reservations by noon on June 27

Transportation is available

Thanks to Middlesex Bank for sponsoring this month's party.!

JUNE 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 SHINE	2 9:00 Gentle Yoga 10:00 Hong Kong Mah Jong 11:00 Zumba Gold 12:00 Lunch 12:30 Rummikub 1:00 Strength&Balance
5 10:30 Spanish 11:00 Zumba Gold 12:30 Pool 12:30 Bingo 1:00 Monday Movies 2:00-4:00 Veteran's Services	6 9:30 Cribbage 10:00 Classical Music 12:00 Shopping — WalMart 1:00 WSCS Workshop 1:00 RMV Near Me	7 9:00 Gentle Yoga 10:00 Knit and Crochet 10:00 Zumba Gold 11:00 Grab'n Go Lunch 11:00 Music at Lunchtime 11:15 Tai Chi 1:00 Strength & Balance 2:00 Piano/Chords	8 9:00 SHINE 10:30 Support Group 12:00 Market Basket 1:00 WSCS Meeting	9 9:00 Gentle Yoga 10:00 Computer Help 10:00 Outreach Program 11:00 Zumba Gold 12:00 Lunch 12:30 Rummikub 1:00 Strength&Balance
12 10:30 Spanish 11:00 Zumba Gold 12:30 Pool 12:30 Bingo 1:00 COA Meeting	13 9:30 Cribbage 10:00 Classical Music 12:00 Shopping — WestMeadow	14 9:00 Gentle Yoga 10:00 Knit and Crochet 10:00 Zumba Gold 10:30 Music at Lunchtime 11:15 Tai Chi 1:00 Strength&Balance 1:00 Hearing Screening 2:00 Piano/Chords	15 9:00 SHINE 10:00 Legion Meeting 1:00-3:00 SUNSHINE MEMORY CAFÉ 	16 9:00 Gentle Yoga 10:00 Hong Kong Mah Jong 11:00 Zumba Gold 12:00 Lunch 1:00 Rummikub 1:00 Strength&Balance
19 Juneteenth Senior Center Closed	20 8:30 Breakfast w/Chief 9:30 Cribbage 10:00 Classical Music 12:00 Shopping — CTS 1:00 WSCS Workshop	21 9:00 Gentle Yoga 10:00 Knit and Crochet 10:00 Zumba Gold 11:00 Grab'n Go Lunch 11:00 Music at Lunchtime 11:15 Tai Chi 1:00 Strength & Balance 2:00 Piano/Chords	22 9:00 SHINE 10:30 Support Group 12:00 Market Basket 1:00 Red Sox Game	23 9:00 Gentle Yoga 10:00 Outreach Trip 11:00 Zumba Gold 12:00 Lunch 12:30 Rummikub 1:00 Strength&Balance
26 10:30 Spanish 11:00 Zumba Gold 12:30 Pool/Bingo 1:00 Dinner at the Back Door 1:00 Monday Movies	27 9:30 Cribbage 12:00 Shopping — Northborough 1:00 A Conversation with.....	28 9:00 Gentle Yoga 10:00 Knit & Crochet 10:00 Zumba Gold 12:00 Birthday Lunch 1:00 Strength & Balance 2:00 Piano/Chords	29 9:00 SHINE	30 9:00 Gentle Yoga 10:00 Hong Kong MahJong 11:00 Zumba Gold 12:00 Lunch 12:30 Rummikub 1:00 Strength & Balance



RMV NEAR ME

If you need to have your license renewed, you can make an appointment with our RMV NEAR ME Volunteers on Tuesday, June 6 or Tuesday, June 20, to complete your paperwork so your wait time is less when and if you have to go to the Registry. Please bring all of your documentation and a credit card. We cannot accept checks or cash. We can also help you with the paperwork for a REAL ID or a Massachusetts ID (not a license to drive). There is no charge for this service and transportation to the Senior Center is available. We hope to be able to provide rides to the RMV soon for those who do not drive and need an ID.

HURRICANE SEASON STARTS JUNE 1

Hurricanes are things we don't like to think about, like blizzards. But since we live along the east coast and have an ocean about 25 miles east of us, we need to think some and put in a little preparation. The National Weather Service predicts that this will be a "near average" hurricane season. FEMA has a mobile app that you can get for free from your app store. It gives you a lot of information for before, during and after a storm. Also, you can sign up for CODE RED from the town by going to the Town of Westborough website. Local information will come through there if there is an emergency. Please, pay attention and be prepared!! And in case you're wondering, these are the names for the 2023 hurricanes: Arlene, Bret, Cindy, Don, Emily, Franklin, Gert, Harold, Idalia, Jose, Katia, Lee, Margot, Nigel, Ophelia, Philippe, Rina, Sean, Tammy, Vince, Whitney.



SUNSHINE CAFÉ



Thursday, June 15, 1:00 p.m. to 3:00 p.m.

at the Westborough Senior Center.

Caregivers/Partners bring your loved ones with memory changes to enjoy refreshments and musical **entertainment by Dennis Fenton!!**

There is no cost to attend.

RSVP's are recommended to 508-366-3000 — Westborough transportation is available.



Greater Boroughs
Partnership for Health

SUMMER IS ALMOST HERE! WHAT DO YOU NEED TO KNOW TO PROTECT YOURSELF?

Join us for a free presentation on
SKIN CANCER PREVENTION

by

DR. NOVIKOV

Wellness and Skin Care
www.northborodoctor.com

June 29th @ 1pm
Westborough Senior Center
4 Rogers Road
Westborough MA
Call (508)366-3000 to register

MYTHS & MISCONCEPTIONS
WHO IS AT RISK
TYPES OF SKIN CANCER
PREVENTION AND EARLY DETECTION
WHAT TO EXPECT IF YOU NEED A SKIN BIOPSY

SENIOR SCENE

Westborough Council on Aging

4 Rogers Road
Westborough, MA 01581

(508) 366-3000



PLEASE NOTE

Every effort is made during the writing and production of our newsletter to assure the accuracy of the information in it. There are times when we inadvertently leave something out or make an error. There are also times when the information has changed from the time we write it until the newsletter gets in your hands. Please always feel free to contact the Senior Center if you have any questions regarding a program.

- COMING IN JULY & AUGUST
- Tuesday Night Out
- July 4th Block Party
- Mini-trips
- Ice Cream Trips

